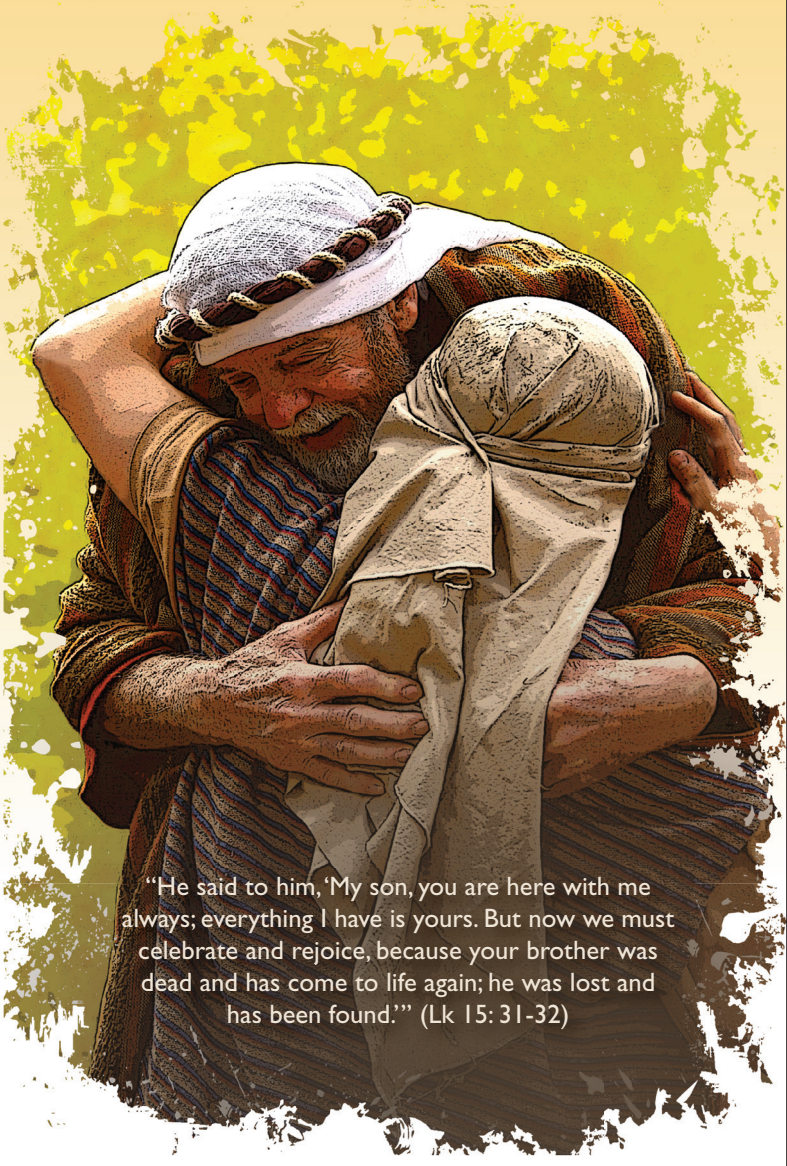
God's Gift of Forgiveness

A Pastoral Exhortation on the Sacrament of Penance and Reconciliation



"He said to him, 'My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found.'" (Lk 15: 31-32)

Dear Brothers and Sisters in Christ:

"Peace be with you!" With these words, the Risen Lord greeted his frightened Apostles in the Upper Room on the day of his Resurrection. They were troubled, anxious, and fearful—much like each one of us at some point in our lives. Christ repeated the words, "Peace be with you." But then he added, "Receive the holy Spirit. Whose sins you forgive are forgiven them" (Jn 20:19-23).

What an extraordinary gift! The Risen Lord was proclaiming that all the suffering he had just endured was in order to make available the gifts of salvation and forgiveness. He wanted the Apostles to receive these gifts. He wanted them to become apostles of this forgiveness to others.

In the Sacrament of Penance and Reconciliation, also called confession, we meet the Lord, who wants to grant forgiveness and the grace to live a renewed life in him. In this sacrament, he prepares us to receive him free from serious sin, with a lively faith, earnest hope, and sacrificial love in the Eucharist. The Church sees confession as so important that she requires that every Catholic go at least once a year.[1] The Church also encourages frequent confession in order to grow closer to Christ Jesus and his Body, the Church. By the grace of the Holy Spirit, we seek forgiveness and repentance, let go of patterns of sin, grow in the life of virtue, and witness to a joyful conversion. Since the graces of the sacrament are so similar to the purpose of the New Evangelization, Pope Benedict XVI has said, "The New Evangelization . . . begins in the confessional!"[2]

FAITH
WORSHIP
WITNESS

JOURNEY WITH CHRIST

We bishops and priests are eager to help you if you experience difficulty, hesitation, or uncertainty about approaching the Lord in this sacrament. If you have not received this healing sacrament in a long time, we are ready to welcome you. We, whom Christ has ordained to minister this forgiveness in his name, are also approaching this sacrament, as both penitents and ministers, throughout our lives and at this special moment of grace during Lent. We want to offer ourselves to you as forgiven sinners seeking to serve in the Lord's name.

During Lent—in addition to the various penitential services during which individual confession takes place—we bishops and priests will be making ourselves available often for the individual celebration of this sacrament. We pray that through the work of the Holy Spirit, all Catholics—clergy and laity—will respond to the call of the New Evangelization to encounter Christ in the Sacrament of Penance and Reconciliation. Come to the Lord and experience the extraordinary grace of his forgiveness!

---

1 *Catechism of the Catholic Church*, nos. 1457-1458.

2 Pope Benedict XVI, Address to the Annual Course on the Internal Forum Organized by the Apostolic Penitentiary, *www.vatican.va/holy_father/benedict_xvi/speeches/2012/march/documents/hf_ben-xvi_spe_20120309_penitenzieria-apostolica_en.html*.

How to Go to Confession...

May the Passion of Our Lord Jesus Christ,
the intercession of the Blessed Virgin Mary and of all the saints,
whatever good you do and suffering you endure,
heal your sins,
help you grow in holiness,
and reward you with eternal life.
Go in peace.

–*Rite of Penance*, no. 93

1 PREPARATION: Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. How have you—in your thoughts, words, and actions—neglected to live Christ's commands to "love the Lord, your God, with all your heart, with all your soul, and with all your mind," and to "love your neighbor as yourself" (Mt 22:37, 39)? As a help with this "examination of conscience," you might review the Ten Commandments or the Beatitudes (Ex 20:2-17; Dt 5:6-21; Mt 5:3-10; or Lk 6:20-26).

2 GREETING: The priest will welcome you; he may say a short blessing or read a Scripture passage.

3 THE SIGN OF THE CROSS: Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: "Bless me, Father, for I have sinned. It has been [*give days, months, or years*] since my last confession."

4 CONFESSION: Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: "I am sorry for these and all my sins."

5 PENANCE: The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

6 ACT OF CONTRITION: After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more. A suggested Act of Contrition is:

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

(*Rite of Penance*, no. 45)

7 ABSOLUTION: The priest will extend his hands over your head and pronounce the words of absolution. You respond, "Amen."

8 PRAISE: The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, "Give thanks to the Lord for he is good." And your response would be, "His mercy endures for ever" (*Rite of Penance*, no. 47).

9 DISMISSAL: The priest will conclude the sacrament, often saying, "Go in peace."

If it has been a while since your last confession, remember, "Do not fear" (Is 41:10). The priest will help guide you. And feel free to take this how-to guide with you! (For more information, visit *www.usccb.org/confession*.)

Copyright © 2013, United States Conference of Catholic Bishops, Washington, DC. Scripture excerpts taken from the *New American Bible*, rev. ed. © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. All rights reserved. Excerpts from the English translation of *Rite of Penance* © 1974, International Committee on English in the Liturgy, Inc. All rights reserved. This text may be reproduced in whole or in part without alteration for nonprofit educational use, provided such reprints are not sold and include this notice. Image front: Design Pics Inc.

To order, visit our website at *www.usccbpublishing.org* or call us at 800-235-8722. Para ordenar recursos en español, llame al 800-235-8722 y presione 4 para hablar con un representante del servicio al cliente en español.

USCCB COMMUNICATIONS

Publication No. 7-412
Washington, DC
ISBN 978-1-60137-412-7

ISBN 978-1-60137-412-7
9 781601 374127